

The Ex-Files

Compte: 48

Mur: 4

Niveau: Intermediate/Advanced



Chorégraphe: Gloria Johnson (USA)

Musique: (Don't Put Me In) The Ex Files (feat. Buck Owens) - The Bellamy Brothers

MODIFIED JAZZ BOX (RIGHT LEAD), RIGHT VINE

- 1-2 Cross-step right foot over left; step left back
- 3-4 Turning ½ right, step on right; cross-step left over right
- 5-6 Step right to right side; cross-step left behind right
- 7-8 Step right to right side; touch left heel diagonally forward

VAUDEVILLES

- &9 Step left foot back; cross-step right over left
- &10 Step left foot back; touch right heel diagonally forward right
- &11 Step right back; cross-step left over right
- &12 Step right back; touch left heel forward left
- &13 Step left foot back; cross-step right over left
- &14 Step left foot back; touch right heel diagonally forward right
- &15 Step right foot back; cross-step left over right
- &16 Step right foot back; touch left heel diagonally forward left

MODIFIED JAZZ BOX (LEFT LEAD); LEFT VINE

- 17-18 Cross-step left over right; step right back
- 19-20 Turning ¼ left, step on left; cross-step right over left
- 21-22 Step left to left side; cross-step right behind left
- 23-24 Step left to left side; touch right heel diagonally forward

VAUDEVILLES

- &25 Step right foot back; cross-step left over right
- &26 Step right back; touch left heel diagonally forward left
- &27 Step left back; cross-step right over left
- &28 Step left back; touch right heel diagonally forward right
- &29 Step right foot back; cross-step left over right
- &30 Step right foot back; touch left heel diagonally forward left
- &31 Step left foot back; cross-step right over left
- &32 Step left foot back; touch right heel diagonally forward right

SYNCOPATED ½ TURNS

- 33& Touch right toe to right side; hitch right knee
- 34& Turning 1/6 left, touch right toe to right side; hitch right knee
- 35& Turning 1/6 left, touch right toe to right side; hitch right knee
- 36 Turning 1/6 left, step on right foot (now facing 9:00)
- 37& Touch left toe to left side; hitch left knee
- 38& Turning 1/6 right, touch left toe to left side; hitch left knee
- 39& Turning 1/6 right, touch left toe to left side; hitch left knee
- 40 Turning 1/6 right, step on left foot (now facing 3:00)

STYLIZED SWIVELS

- 41-42 Swivel heels to right; swivel heels to left
- 43&44 Swivel heels right, left, right
- 45-46 Swivel heels to left; swivel heels to right

47&48 Swivel heels left, right, left

REPEAT

For steps 41-48, pump arms up and down. A variation is hip rolls:

41-42 Roll hips to the right (right); roll hips to the left (left)

43&44 Roll hips right, left, right

45-46 Roll hips to the left (left); roll hips to the right (right)

47&48 Roll hips left, right, left
